

ture time at 10 o'clock, although they do not desert the reclining position.

From temperature time until dinner at 12:30, the patients confined to bed continue resting, with the privilege, if not too ill, of reading or writing a letter or two. The patients who are "on exercise" spend a portion of the time in taking their allotted walks, some walking as much as

atures being taken at 4 o'clock. Supper is followed by an evening of freedom, when even the bed patients are allowed to spend at least a short time in their rooms in some quiet activity, which is generally letter writing. At 8:30 the majority have retired to their rooms. By 9:30 the lights are out and the day at an end.

Everybody sleeps on outdoor porches each night regardless of



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four or five miles through the woods and over the country roads, while others are restricted to shorter distances. The balance of the morning is spent in writing, reading or visiting.

The afternoon is a repetition of the morning, although the rest period is an hour longer, temper-

weather.

It has been impossible here to give more than an outline, and almost none of the details, of the regime practiced in the treatment of the consumptive, but it has served its purpose if it has shown the attention which is paid to systematic regulation. Nothing